



Basingstoke
and Deane



Walking the way to Health from the Walled Garden

(far end of Down Grange, off Pack Lane, Kempshott)



Make new friends, improve your fitness and enjoy your local area

Thursday mornings at 11am

(please arrive a little early to register)

Meet at the Walled Garden, Down Grange, for a walk of about an hour. You are welcome to stay for refreshments after the walk.



There is no charge to come on the walks – all are led by volunteers.

For further information, please call **01256 845574** or find details on www.basingstokehealthwalks.org

walk 4 life